

## **SIGNS AND SYMPTOMS OF SHAKEN BABY SYNDROME:**

- ✓ *Constant crying*
- ✓ *Stiffness*
- ✓ *Sleeping more than usual*
- ✓ *Unable to wake up*
- ✓ *Seizures*
- ✓ *Dilated pupils*
- ✓ *Decreased appetite*
- ✓ *Vomiting*
- ✓ *Difficulty breathing*
- ✓ *Blood spots in eyes*

### **GETTING HELP**

SHOULD YOU FEEL THAT YOU  
CAN'T COPE, HELP IS ONLY A  
TELEPHONE CALL AWAY.

Family Hotline-24 hrs./7 days  
**1-800-THE KIDS**

If for any reason the baby has an injury,  
take him/her to the nearest hospital  
emergency room or call 911.



New Jersey Department of Human Services  
NJ American Academy of Pediatrics  
NJ Hospital Association  
NJ Task Force on Child Abuse and Neglect  
Brain Injury Association of New Jersey  
Office for Prevention of Mental Retardation  
and Developmental Disabilities

# **Never Shake a Baby**

Shaken Baby Syndrome

**We're Fragile**

# SHAKEN BABY SYNDROME

**S**haken Baby Syndrome is a serious brain injury which occurs when a frustrated caregiver gives “shakes” an infant, usually to stop him/her from crying. It is considered a form of child abuse.

Some parents, siblings, or caretakers who would not consider hitting a baby, think that shaking a baby is okay.

**This is WRONG!**

Shaking a baby can cause bleeding inside the brain which may lead to:

- ✓ Death
- ✓ Brain damage
- ✓ Mental Retardation
- ✓ Blindness
- ✓ Paralysis
- ✓ Seizures
- ✓ Developmental delays

**Protect our future by handling infants with the loving care they deserve!**

The message is simple: Never shake a baby. No matter how stressed, tired, angry or frustrated you feel, you must never, ever shake a baby. Shaking a baby can kill or cause serious injuries.

And remember, some play activities are also dangerous, such as:

- ✓ Vigorous, repeated tossing of a baby into the air
- ✓ Jogging while carrying an infant on the back or shoulders
- ✓ Bouncing an infant on an adult's knee or swinging the baby on an adult's leg
- ✓ Swinging the baby around by the ankles
- ✓ Spinning an infant around

# COPING WITH A CRYING BABY

- ✓ Make sure all the baby's basic needs (food, diapering, appropriate clothing, etc.) are met.
- ✓ Offer the baby a pacifier. Take the baby for a ride in a stroller or a car.
- ✓ Walk the baby around holding him/her close to you.
- ✓ Call a friend, relative or a neighbor for help.
- ✓ If all else fails, put the baby in the crib, making sure the baby is safe. Close the door and check back every five minutes or so.

If you are a child care provider and cannot handle a crying baby, please let the parent know.